

**bee propolis benefits to fight everything from colds to cancer** - i have had up to 300 hives i don t now but i have used propolis for 30 years it fights infection i use it in its solid form on tooth aches and abscessed teeth let it soften tucked into the gums then pack it around the effected area don t let up keep some there till the pain goes away and then some when it starts to disintegrate put more in, **what science says about link between diet cancer forks** - more than 30 years ago i performed and published the first study on the dietary treatment of breast cancer although it was a small study circulated by an obscure journal this was an important beginning for the current medical thinking that a healthy diet should be fundamental therapy recommended by physicians for all cancer patients research at that time before the 1980s had shown that, **starving cancer with methionine restriction** - methionine restriction best achieved through a plant based diet may prove to have a major impact on patients with cancer because unlike normal tissues many human tumors require the amino acid methionine to grow, **which spices fight inflammation nutritionfacts org** - an elegant experiment is described in which the blood of those eating different types of spices such as cloves ginger rosemary and turmeric is tested for anti inflammatory capacity

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